

AFRH - G / Master Menus Week of 06 / 20 / 2022 / Cycle 2 - Diet Line

Items with DL before the menu name indicates this item has been modified to be lower in calories, fats and/or sodium than the regular line items. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for a one-on-one consultation.

	BREAKFAST - 0700 - 0830	LUNCH - 1130 - 1300	DINNER - 1630 - 1800
M O N Jun 20th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs/DL Turkey Bacon French Toast w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Tom Tortellini & Vegtarn Veg Soup DL Trky Salad / DL Pork Loin DL Roasted Yams DL Cabbage / Cornbread DL Turnip Greens / Wheat Rolls	DL Tom Tortellini & Vegtarn Veg Soup DL Teriyaki Chicken / DL Egg Rolls DL Steamed Brown Asian Style Rice DL Asian Veggies / Fortune Cookies DL Broccoli / Wheat Rolls
T U E S Jun 21st	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Sausage Patties DL Lyonnaise Potatoes Biscuits / DL Biscuit Gravy	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Baked Salmon w/ DL Cucumber Sauce Prime Rib w/Bordelaise Sauce Baked Potato w/FF Sour Cream DL Haricot Vert Gr Beans / DL Rstd Carrots DL Strbry Spnch Salad / Wheat Rolls	DL Trky,Spnch,Lntl & Vegetarian Veg Soups DL Pecan Crusted Tilapia Baked Potato w/FF Sour Cream DL Asparagus / Sliced Rst Beef DL Yellow Squash Wheat Rolls
W E D Jun 22nd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs LF / LS Grilled Ham Biscuits / DL Biscuit Gravy	DL Chili Bean & Vegetarian Veg Soups DL Veggie Cutlet w/ DL Tom Basil 'n Side DL Mashed Potatoes w/DL Gravy DL Rstd Fresh Zucchini / Wheat Rolls Gala Apple, Gldn Rsns, Gr Grapes Salad	DL Soups / DL Sausage / DL Bacon DL Scrambled Egg Beaters DL Western Egg Beaters Casserole DL Hash Browns / DL SOS / Biscuits DL French Toast / Sugar Free Syrup
T H U Jun 23rd	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/DL Turkey Sausage Pancakes w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Winter Minestrone & Vegtarn Veg Soups DL Beef Stew w/Potatoes & Carrots DL Steamed Brown Rice DL Caribbean Blend Veggies DL Coleslaw / Wheat Rolls	DL Winter Minestrone & Vegtarn Veg Soups DL American Tomato & Turkey Goulash DL Mac/ Meatless Tom Sauce/ Wheat Roll DL Sugar Snap Peas / Garlic Bread DL Cauliflower w/DL Cheese on Side
F R I Jun 24th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Creamed Ground Turkey Biscuits / DL Biscuit Gravy	DL Zesty Italian & Vegetarian Veg Soups DL Oven Fried & Baked Fish DL Mediterranean Pasta DL California Blend Veggies DL Caesar Salad / Wheat Roll	DL Zesty Italian & Vegetarian Veg Soups DL Sliced Roast Beef w/ DL Gravy DL Mashed Potatoes w/DL Rib Grvy DL Pacific Rim Blend Vegetables DL Harvard Beets / Wheat Rolls
S A T Jun 25th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boiled Eggs DL Turkey Bacon DL Shredder Hash Brown Potatoes Biscuits / DL Biscuit Gravy	DL Cabbage & Vegetarian Veg Soups DL Grill Brst of Chick w/ Ital & Parm Seasoning DL Pasta w/ Itl Parm Crm Sauce on Side DL Bermuda Blend Veggies DL Chick Pea Salad Wheat Rolls	DL Cabbage & Vegetarian Veg Soups DL Home-Style Turkey Meatloaf w/ DL Gravy DL Mac w/ DL Cheese Sauce DL Greek Salad DL Sautéed Sliced Fresh Mushrooms Wheat Rolls / Sliced Bread
S U N Jun 26th	DL Oatmeal / DL Grits DL Scrambled Egg Beaters Hard Boil Eggs/LF/LS Grilled Ham Waffles w/No Sugar Syrup Biscuits / DL Biscuit Gravy	DL Turkey Noodle & Vegetarian Veg Soups DL Roast Beef / Wheat Rolls DL Caroline BBQ Baked Beans DL Whole Green Beans Almandine DL Berries & Mandarin Orange Salad	DL Turkey Noodle & Vegetarian Veg Soups DL Grilled Rosemary Chick Brst & Thgh DL Roasted Red Potatoes DL Southern Style Okra Succotash DL Green Peas / Wheat Rolls

STANDARD BREAKFAST MENU ITEMS

Bagels, English Muffins, Jelly, SF Jelly, Syrup, SF Syrup, Prunes, Bananas, Whole Fresh Fruit,
Cut Fresh Fruit, Grapefruit Sections, Applesauce, Raisins, Brown Sugar, Cinnamon Shake

STANDARD MENU ITEMS ALL MEALS

Assorted Breads, Assorted Dry Cereals, Assorted Juices, Assorted Milk, Assorted Beverages, Coffee, Decaf Coffee,
Iced Tea - w/Sugar & No Sugar, Hot Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt, Pepper, Assorted Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH & DINNER

Available Every Day - Mixed Salad Greens, Cherry Tomatoes, Sliced Cucumbers, Sliced Red Onions, Matchstick Carrots,
Sliced Green Peppers, Bread & Butter Pickles, Whole Green Olives, Sliced Black Olives, Coleslaw, Tuna Fish, Boiled Eggs,
Cottage Cheese, Shredded Cheese, Bacon Bits / Variables - Sliced, Diced or Whole Beets, Jalapeno or Banana Peppers,
Broccoli or Cauliflower Florets, Green Peas or Edamames, Green Onions or Celery Sticks, Avocados or Baby Corns,
Chopped Nuts, Dried Cranberries or Raisins, Sunflower Seeds or Bleu Cheese Crumbles - Salmon Monday, Wednesday, Friday

STANDARD SALAD DRESSINGS

Ranch, Blue Cheese, Thousand Island, Fat Free Ranch, Italian & Catalina French, Balsamic Vinegar, Red/White Vinegar, Olive Oil

SALADS / GELATINS

Beet & Onion Salad / Strawberry
Greek Salad / Orange
Pear & Cheddar Salad / Cherry
Macaroni Salad / Lemon
German Tomato Salad / Raspberry
Fruit Salad / Lime
Carrot & Raisin Salad / Watermelon

DAILY SALAD BAR ROTATION

Monday
Tuesday
Wednesday
Thursday
Friday
Saturday
Sunday

FRUITS

Sliced Peaches / Mandarin Oranges
Sliced Peaches / Tropical Fruit Cocktail
Sliced Peaches / Pineapple Chunks
Sliced Peaches / Apricot Halves
Sliced Peaches / Fruit Cocktail
Sliced Peaches / Pineapple Slices
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